

**CASS - Wellness Advisory Committee Meeting**

**April 4, 2019**

**12:00 – 3:30 p.m. (with lunch)**

**CASS Office, Edmonton**

**(DRAFT) MINUTES**

**1. Acknowledgement of Treat Land**

**2. Introductions and interest in the committee**

- Round table introductions

**3. McConnell Foundation / WellAhead – background including national priorities**

- Nancy offered background on the McConnell/WellAhead relationship and priorities
- Philanthropy purpose of McConnell
- Five years or so involved in child mental health through K-12 education
- Culture of mental wellbeing rather than a cadre of programs
- More of a focus on mental wellbeing
- Create 5 - year strategy – lab scenario
- Early work in BC
- Work overall not so well aligned
- Next work in Ontario. Mental Health Assist – Ontario
- Third province is Alberta. Connection to the Superintendent and Leader Quality Standard
- Wanted to unpack the idea that there is so much going on with the topic and yet so many issues
- Wanted to look at the role of leadership and sustainability
- 2 - year initiative here
- CASE study – Alberta / National exemplars. Genevieve will speak to this soon
- Connection to one strong provider – ASEBP
- Policy related to leadership and mental wellbeing is a part of the end in mind. The work in Alberta is likely to inform that work.
- A number of school authority projects across the country and a three within Alberta

**4. CASS / WellAhead Partnership – Background**

- Barry provided some background on the early connection between CASS and ASEBP

- Evolved to additional work with McConnell
- CASS's involvement is a tribute to the work. Met McConnell through the Ministry. Started with CASS making connections to promising work for McConnell
- Relationship blossomed quickly to the grant and the CASS / WellAhead project
- Sharing culture of CASS
  
- Welcome Genevieve Montemurro from U of A
  - School of Public Health
  - Case Study research exploring how school authorities are able to shift their culture to include a priority on wellness. BC and Alberta
  - How and why? Enablers
  - Deep, meaningful change, how can this happen?
  - 3 – 4 school authorities, understand their story. Broad and diverse contexts
  - Variety data sources – interviews, documents, survey, video recording
  - Hoping to identify the school authorities soon, before the end of the school year
  - Integrated knowledge mobilization and translation
  - Inspirational stories
  - May be near the red zone regarding survey fatigue. Especially considering election. May be better served to leave this for the fall. There was general consensus on this matter from the Superintendents in attendance
  - Barry volunteered to help with messaging of such a survey through CASS chairs and the CASS newsletter
  - Genevieve invited anyone to contact her with questions should you have any: [grs@ualberta.ca](mailto:grs@ualberta.ca)

#### **5. CASS / WellAhead Goals and key elements – one-pager**

- Partnership is crucial. Trusting relationship. The work more evident than measurement at this time
- A large number of critical friends who are also doing the work. Looking to align resources across the province

#### **6. DRAFT Terms of Reference**

- Document reviewed
- Is there an opportunity to translate some of the resources into French language? Barry will look into this for the one-pager?
- Is ZOOM a possibility? Google Hangout?
- Minimum of 1 meeting face to face
- Include the basic information from the one-pager. Goal statements. Elements.
- Include the mental wellbeing definition in the SA Interview Questions

**7. CASS / WellAhead implementation framework – Working Together... document – background and overview**

- Thanks for the graphic. Helpful
- Brian gave the background on the selection of the document. Like the comprehensive nature and the simplified version of the document
- The tools in the document are helpful. Assessment. Planning tool.
- Consider a specific page on the website for wellness including links, key project documents, etc.

**8. CASS / WellAhead interview questions – overview. Thoughts?**

- Timing of meeting with School Authorities regarding wellness.
- Summary, eventually, of what we've heard. Repository of projects. Focused on wellness
- First 3 questions and last question are the key.
- Helpful information in the other questions
- Inventory of the province
- Continuous improvement
- Can this lead to standards and exemplars?
- Networking, seems like a perfect time to do this work. Build on quality standards
- Lots of interest in what is going on with wellness and learning from others around the province
- **May wish to include a question, maybe part of #1 – who is involved at the school authority level? HR? Education? OHS?**
- Balance of drivers, policy/plans and the actual work
- **Question related to partners to date?**
- **These edits have been made to the interview guide**

**9. CASS / WellAhead Advisory Committee**

- The project includes a very broad base of partners and critical friends. The intent is to get influencers on board to support the work.
- Meets a few times each year. Attempt to avoid tripping over each other
- Share and align the work, build on strengths
- **A request was made to send the Terms of Reference for the CASS / WellAhead Advisory Committee with these minutes**

**10. Embedding mental wellbeing into the Quality Standard personal profile documents. What should / could that look like?**

- Barry provided some background, starting with CASS as a Professional Organization, including the concept of a Practice (Standard) Profile
- What will this eventually look like, sound like, feel like?

- Recommendation made to add the wellness statement Effective Relationships (f) *“Demonstrating a commitment to the health and well-being of all teachers, staff and students”* to the leader and superintendent practice profile.

#### **11. Update of our work to date**

- Relationship building, resource alignment and school authority interviews.
- Next year an emphasis on the System Leadership and Superintendent Practice Profiles

#### **12. Other Items for Discussion**

- Data Base solutions related to data management re: interview data?
- ATA position / resources on wellness? ATA is launching some wellness survey work

#### **13. Next Steps**

- Wellness page on the CASS website. Barry to follow-up as time permits
- Monthly submission to CASS newsletter